



OLLSCOIL NA GAILLIMHE  
UNIVERSITY OF GALWAY

# Designing and Delivering Health Promotion Micro-Credentials in a Master's Context at the University of Galway

Dr Aoife Howard  
Dr Lisa Pursell  
Dr Mary-Jo Lavelle  
Dr Allison Dunne  
Prof Margaret Hodgins

May 13<sup>th</sup> 2026



# Micro-credentials

- Small, accredited courses designed to meet the demands of learners, enterprise and organisations.
- Created by Irish Universities Association (IUA) partner universities in consultation with enterprise.
- A highly flexible, bite sized and accessible way of upskilling and reskilling.
- M-C's support upskilling and reskilling to meet the demands of digital economies.
- Enable lifelong learning for career changers and flexible learners.
- Improve accessibility and inclusivity in education.
- Offer an opportunity for under-represented groups to participate in learning opportunities.
- Ideal for adult learners and those outside formal education

Source: Irish Universities Association [www.iua.ie](http://www.iua.ie)

# Programme Development

- Health Promotion faculty working group.
- Stakeholder interviews
- Align with practice and workforce needs.
- Scoping exercise to review comparable offerings
- Approved via university governance processes.
- Aligned with national policy and digital pathways.
- Four micro-credentials were approved.
- Webinars, professional networks & social media.



# Health Promotion Micro-credentials

**Promoting Health in the Workplace (10 ECTS)**

**Mental Health Promotion (10ECTS)**

**Promoting Health in Pre-schools, Schools and Colleges (10 ECTS)**

**Promoting Healthy Behaviours (10 ECTS)**



# Health Promotion Micro- credentials

Level 9 NFQ

Duration - 1 semester

Delivered through blended learning

- 4 one-day workshops
- (2 on-campus face to face / 2 online)
- Full day starts at 11am-4pm.

Other Information:

- Micro-credential students are integrated into existing modules
- Taught alongside MA Health Promotion students.
- Teaching is delivered online via Zoom and Canvas
- Pre-learning materials are made available in advance
- A bespoke introductory course on Articulate Rise
- Continuous assessment: essays, group projects, and presentations.

# Evaluating the effectiveness of Micro-credentials



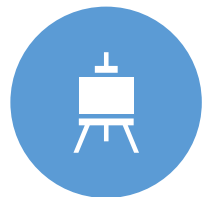
Module evaluation



Student feedback session



Testimonials



Engagement with Canvas materials



University of Galway student surveys

# Key Strengths

---

An integrated learning environment enhances peer learning.

---

Positive feedback in relation to academic challenge, relevance to practice, and cohort diversity.

---

Micro-credentials enable blended learning models that combine flexibility with structure.

---

Workforce relevance: Content can be rapidly aligned with emerging sector needs.

---

Stackability plan: Can contribute towards larger awards or qualifications over time.

---

Practice-focused learning: course designed around applied skills and real-world relevance.

# Areas for Development

LACK OF DIGITALLY EMBEDDED STACKABILITY WITHIN UNIVERSITY SYSTEMS, RESTRICTING SEAMLESS PROGRESSION FROM MICRO-CREDENTIALS TO HIGHER AWARDS.

THE DIGITAL LEARNING DELIVERY IS NOT YET MATCHED BY DIGITAL CREDIT ACCUMULATION PATHWAYS.

SUSTAINING FLEXIBLE DELIVERY MODELS TO MEET THE NEEDS OF DIVERSE LEARNER GROUPS IS ALSO A KEY CHALLENGE.

EXPAND OFFERINGS: SEXUAL HEALTH, PLANETARY HEALTH

# Thank you

---

[aoife.howard@universityofgalway](mailto:aoife.howard@universityofgalway)

Micro-creds webpage:

<https://www.universityofgalway.ie/courses/micro-credentials/>

